

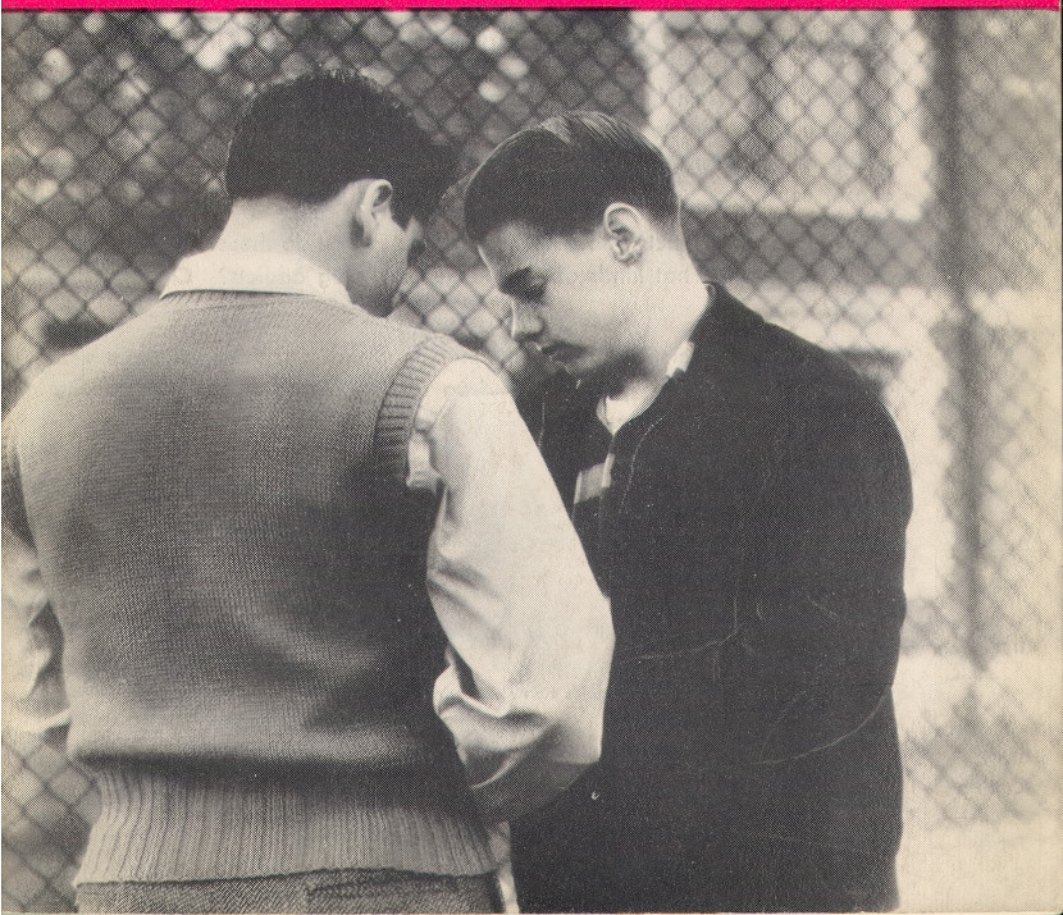


LIFE ADJUSTMENT BOOKLET

Facts about narcotics

by

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me around, woke me up. At Lexington there was incentive, something to go for, a chance to take a chance, for a healthful and fuller life."

When the addict is released

When the addict has been discharged and arrives back home, who will help him? Since drug addiction is an illness resulting from some personality difficulty or poor adjustment to society, the addict needs all the help he can get from his friends, his family, his school, and the community. He should be kept interested and busy, away from the places and people that led to his addiction. He needs help in making new friends, in finding healthy new interests, and sometimes in getting a different job away from the old atmosphere.

The discharged patient should be encouraged to join in healthy recreation and athletics—music, reading, hobbies, and other activities to keep him from thinking about drugs and from associating with his old addict "friends." The more interest he can develop in new activities and new friends, the better he will be.

In many large cities there are agencies that are interested in helping the person who wants to stay off drugs. The Y's, Scouts, various welfare agencies, and new groups that have sprung up for the purpose of helping the former addict are examples.

One of these new groups is called *Addicts*, or *Narcotics Anonymous*, patterned after *Alcoholics Anonymous*, which is described in *Facts About Alcohol* (see reference on page 49). This group was formed in February, 1947, in the Lexington hospital by a small group of drug addicts, who got help from members of the Frankfort, Kentucky, group of *Alcoholics Anonymous*. It was founded on the belief that the basic cause of alcoholism could also be applied to drug addiction. *Addicts Anonymous* follows the same program used by *Alcoholics Anonymous*, helping patients after they are discharged. Within several years after the organization was set up, other groups were formed in New York, Chicago, and Los Angeles. In some other cities the *Alcoholics Anonymous* groups welcome and help ex-addicts.



The released addict needs the help of his family, friends, community.